

CLAIMS

1. A method of reducing homocystein levels as well as reducing the cholesterol levels in the blood among other therapeutic effects by orally administering a subject with beta vulgaris-based composition prepared by a process comprising preparing juice from beta vulgaris root.
2. The method as claimed in Claim 1, wherein the process further comprising fermenting the juice.
3. The method as claimed in Claim 1, further comprising drying said juice into powder.
4. The method as claimed in Claim 1, wherein said beta vulgaris is red beet.
5. The method as claimed in Claim 1, wherein said sweetening agent is selected from a group comprising fruit extract (preferably apple extract), beet molasses, sugar cane molasses, honey, maltose, brown or white sugar, sweet pomegranate extract, oligofructose, oligosaccharides.
6. The method as claimed in Claim 1, wherein the process further comprising:
adding oil;
adding lechitin;
so as to produce paste adapted for spreading.
7. The method as claimed in Claim 1, wherein the process further comprising:
adding medical herbs.
8. A method of reducing effects of gynecologic problems such as menopause, PMS, and fertility problems by orally administering a female with red beet-based composition comprising:
dry red beet extract;

dry pomegranate extract;

additives selected of a group comprising *cimicifuga racemosa*, fatty acid –
gla, ferulic acid, *chamaelirium luteum*, and *vitex agnus castus*.

9. A method of increasing the blood count of a subject, especially a subject going through a chemotherapy treatment, by orally administering the subject with red beet-based composition comprising:

dry red beet extract;

dry *astragalus membranaceus* extract.

10. A method of increasing the blood count of a subject, especially a subject going through a chemotherapy treatment, by orally administering the subject with red beet-based composition comprising:

dry red beet extract;

dry *withania somniferum* extract.

11. A method of treating skin diseases such as seborrhea and seborrheic dermatitis by externally spreading the subject with products adapted for external use comprising juice extracted from *beta vulgaris* root.

12. A method as claimed in Claim 13, wherein said *beta vulgaris* is a red beet.